

MY FITNESS GOAL

I WANT TO ACHIEVE MY GOAL BY

TO ACHIEVE MY GOAL, I NEED TO

Mo

EXERCISE

HOW LONG?

Tu

EXERCISE

HOW LONG?

We

EXERCISE

HOW LONG?

Th

EXERCISE

HOW LONG?

Fr

EXERCISE

HOW LONG?

Sa

EXERCISE

HOW LONG?

Su

EXERCISE

HOW LONG?

**MY EXERCISE
ACCOMPLISHMENTS THIS WEEK**

MY HEALTHY EATING GOAL

I WANT TO ACHIEVE MY GOAL BY

TO ACHIEVE MY GOAL, I NEED TO

Mo

BREAKFAST

LUNCH

DINNER

Tu

BREAKFAST

LUNCH

DINNER

We

BREAKFAST

LUNCH

DINNER

Th

BREAKFAST

LUNCH

DINNER

Fr

BREAKFAST

LUNCH

DINNER

Sa

BREAKFAST

LUNCH

DINNER

Su

BREAKFAST

LUNCH

DINNER

**MY HEALTHY EATING
ACCOMPLISHMENTS THIS WEEK**

*Michigan Department
of Community Health*



James K. Haveman, Jr., Director

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